



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

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Davis County Offers Caregiver Educational Classes

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering an eight-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as advanced directives, dry mouth, estate planning, and understanding different levels of care.

The one hour classes will be offered on Tuesdays starting Sept. 18 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Fridays starting Sept. 21 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, Nov. 6, or Friday, Nov. 9. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Harmony Home Health and Hospice, Haven Health Care, Pitt Family Dental, Comfort Keepers Home Care and Hospice, The ElderCare Law Firm, Thatcher Brook Home Health and Hospice, and Rebecca Goeckeritz.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, Sept. 18, noon	Advanced Directives	Jennifer Rentmeister – Harmony Home Health and Hospice
Tuesday, Sept. 25, noon	Share the Wealth	Michelle Stagg – Haven Health Care
Tuesday, Oct. 2, noon	Dry Mouth	Diana Lubbs – Pitt Family Dental
Tuesday, Oct. 9, noon	Neurobic Exercises: Keeping Your Brain Alive	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, Oct. 16, noon	Understanding Different Levels of Care	Louis Frucci and Diane Allen – Comfort Keepers Home Care and Hospice
Tuesday, Oct. 23, noon	Estate Planning Essentials	Eric B. Barnes – The ElderCare Law Firm
Tuesday, Oct. 30, noon	When Hospice Is Needed	Michelle Johnson – Thatcher Brook Home Health and Hospice
Tuesday, Nov. 6, noon	Purposeful Living	Rebecca Goeckeritz
Tuesday, Nov. 6, 1-3 p.m.	Caregiver Rejuvenation Events	

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

Date	Topic	Presenter
Friday, Sept. 21, 11:30 a.m.	Advanced Directives	Jennifer Rentmeister – Harmony Home Health and Hospice
Friday, Sept. 28, 11:30 a.m.	Share the Wealth	Michelle Stagg – Haven Health Care
Friday, Oct. 5, 11:30 a.m.	Dry Mouth	Diana Lubbs – Pitt Family Dental
Friday, Oct. 12, 11:30 a.m.	Neurobic Exercises: Keeping Your Brain Alive	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Friday, Oct. 19, 11:30 a.m.	Understanding Different Levels of Care	Louis Frucci and Diane Allen – Comfort Keepers Home Care and Hospice
Friday, Oct. 26, 11:30 a.m.	Estate Planning Essentials	Eric B. Barnes – The ElderCare Law Firm
Friday, Nov. 2, 11:30 a.m.	When Hospice Is Needed	Michelle Johnson – Thatcher Brook Home Health and Hospice
Friday, Nov. 9, 11:30 a.m.	Purposeful Living	Rebecca Goeckeritz
Friday, Nov. 9, 12:30-2:30 p.m.	Caregiver Rejuvenation Events	

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